



PREPAREDNESS AND RESPONSE
351 North Mountain View Avenue, Second Floor, San Bernardino, CA 92415-0010
(909) 387-6280 • (800) 782-4264 • TDD (909) 387-6359 • Fax (909) 387-0102

ERIC K. FRYKMAN, MD, MPH, MBA
Health Officer / Interim Public Health Director

CONTACT:
Michele Jacknik
San Bernardino County
Department of Public Health
Preparedness and Response Program
(909) 387-6280

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Resolve To Be Ready

Most people will make at least one New Year’s resolution on December 31, 2006. The County of San Bernardino Department of Public Health Preparedness and Response Program would like all residents to make a resolution that is both important and easy to keep, preparing for emergencies.

“Families with small children and the elderly are at greatest risk during a health related emergency,” said County Health Officer, Eric Frykman, MD. “Families should plan to survive on their own for 3 to 5 days. People agree that it’s importance to prepare for emergencies, but many don’t take the necessary steps to do so.”

In a recent national survey conducted by The Ad Council, 91 percent of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. Only 55 percent, however, had taken at least one of the three steps recommended by the U.S. Department of Homeland Security’s *Ready* Campaign. The three steps include: getting an emergency supply kit, making a family emergency plan, and being informed about the different types of emergencies that could happen in San Bernardino County and their appropriate response.

The San Bernardino County Department of Public Health encourages you to visit www.ready.gov or call 1-800-BE-READY to learn how to prepare families, homes and businesses for all types of emergencies including natural disasters and potential terrorist attacks. Free materials, including family emergency plan templates and sample business continuity plans, are available through these resources. "*Resolve to be Ready*" in 2007. For more information, contact the Preparedness and Response Program at (800) 782-4264, or visit www.sbcounty.gov/pubhlth/prepandresponse .

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